

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings of claims in the application:

Listing of Claims:

1. (Currently amended) A method for making a pillow, the method comprising:
- cutting at least one piece of fabric to form a pair of skins that each comprise a midsection and two arm sections;
 - sewing the two skins together near their outer edges except for a portion of the mid section to form a shell defining a continuous interior and having a middle region with an opening into the interior at the unsewn outer edges of the skins and two opposing arms extending from the middle region to form a well region;
 - blowing a fill material into the interior of the shell through the opening in the middle region until the pillow has a firmness defined by an IFD of at least about 20 Newtons with 25% deflection; and
 - closing the opening in the middle region.
2. (Previously presented) A method as in claim 1, wherein the skins have an outer surface and an inner surface, and wherein the skins are sewn together with the outer inner surfaces facing each other.
3. (Original) A method as in claim 2, further comprising turning the shell inside out such that the inner surfaces face each other.
4. (Original) A method as in claim 1, wherein the step of blowing the fill material further comprises inserting a nozzle through the opening of the middle region and into one of the arms, blowing fill material into the arm, moving the nozzle to the other arm and blowing fill material into the other arm, and moving the nozzle to the middle region and blowing fill material into the middle region.
5. (Original) A method as in claim 1, wherein the two skins are substantially identical, with the two arm sections curving so that their ends generally face each other.